



# WRESTLING



Welcome to the Westport Parks and Recreation instructional program of **Wrestling!** This program is designed to give children a safe and fun introduction to the sport of wrestling. This program is for children grades kindergarten through eighth grade.

## **GENERAL PROGRAM INFORMATION**

### **SESSION 1: December 2 – February 3**

Classes offered during **SESSION 1** will take place in the **Coleytown Middle School Back Gym** on the following dates and times:

Tuesdays      4:15 pm – 5:15 pm      December 2, 9, 16, January 6, 13, 20, 27, February 3      WR 11

### **SESSION 2: March 10 – April 2**

Classes offered during **SESSION 2** will take place in the **Bedford Middle School Gym** on the following dates and times:

Tuesdays and Thursdays      4:15 pm – 5:15 pm      March 10, 12, 17, 19, 24, 26, 31, April 2      WR 21

## **INCLEMENT WEATHER**

Classes may be cancelled due to inclement weather. Please call the Parks and Recreation cancellation line, **341-5074**, for cancellation information. There are no make-ups due to inclement weather.

## **WHAT TO BRING FOR INSTRUCTION**

- Attire for the program should be a short sleeve shirt, shorts, and sneakers with socks. All participants should have a mouth guard and wear appropriate protective gear.
- Something to drink such as bottled water.

## **GENERAL RULES**

- All participants are expected to respect each other and staff. Discipline problems will not be tolerated and are cause for immediate dismissal with no refund.
- At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department want this to be an enjoyable experience for all participants. Please take the time to read this information with your child so he/she understands all the rules and regulations.